Good Luck, FBLAers

The Appomattox FBLA Chapter is at it again. On Saturday, March 31, eighteen FBLA'ers will enter various competitive events at the Spring Regionals held at Longwood College. FBLA members from 26 area high schools will be competing for awards in events ranging from typing to public speaking. The Appomattox Chapter is very proud of the following members who will represent our chapter in the events: typing I-Lori Mitchell, parliamentary procedure - Nugene Harvey, Juanita Patterson, Teresa Lettner, Debbie Harris, and Debbie Roach; business communications - Dana Ford; poster event-Debbie Baldwin, Lisa White; Ms. FBLA-Sharon Roach; Job description manual-Cindy Roach; job interview-Kathy Johnson; public speaking-Ralph Totty; office procedures - Susan Campbell; clerk-typist-Sheerie Covington; stenography I - Sandra Ferguson; stenography II- Nadine Bugg; stage project - Free Enterprise - Nugene Harvey, Ralph Totty. Nugene Harvey, local chapter parliamentarian, is entering the race for Longwood Region President.

Eating Well

by Mrs. Barbara L. Morlang, R.D., Ph.D., State Nutrition Consultant
Va. Dept. of Health

Why Use An Elimination Diet

An elimination diet is used when an individual is suspected of being allergic to certain foods. The person is given a list of foods consisting of a few items which are not usually implicted in allergic reactions. He is limited to these foods for a period of from one to two weeks. If during that time the person's symptoms do not clear up, it is assumed that the person is allergic to one or more of the foods in the diet. At that time a new diet list is given, and the process goes on until the person no longer shows an allergic reaction.

If during the initial test the person experiences relief from his symptoms, then it is assumed that he is not allergic to these foods present in his diet. New foods are then added to the trial diet at four-day intervals. If the symptoms return, the food most recently added to the diet is suspected. The diagnosis is confirmed if symptoms constantly develop after the particular food has been admitted to the diet, and if the symptoms occur each time the food in question is added.

A person should follow this type of diet only when he is under the care of a physician so that substitutions for the offending food can be made. In that way one can be sure that he is getting all the nutrients that he needs.

Sweetbreads generally come from veal or young beef, and are the thymus and pancreas glands. They are very tender and have a pleasing flavor. Persons who are on a low-purine diet may be advised by their physicians not to eat sweetbreads because they are high in purine content.

Aerial Date For Central Virginia

A detailed aeroradiometic survey was flown over portions of Central Virginia. The survey of an area of over 480 square miles covers parts of Buckingham, Appomattox, Cumberland, and Prince Edward counties. Traverses about one-half mile apart at a 500 foot altitude were made to obtain data for the Division of Mineral Resources of the Virginia Department of Conservation and Economic Development. This was funded in cooperation with the U.S. Coastal Plains Regional Commission and the Piedmont Planning District Commission at Farmville. Resulting information is used to aid in the mapping of geological formations composed of a variety of rock types. The actual location of some rock units can be interpreted from these survey maps. This type of survey is also useful in the exploration for mineral deposits.

Radiometic maps at scales of 1:62,500 and 1:250,000 on paper or stable plastic bases are available for purchase from the Division of Mineral Resources, Box 3667, Charlottesville, Virginia, 22903.

The survey is a portion of a continuing effort to obtain geophysical measurements of rock characteristics throughout the Commonwealth. This is particularly important where soils obscure the underlying geological formations.

Another new product from the Division of Mineral Resources is the Aeromagnetic Map of Virginia, at a scale of 1:500,000, for $3.25 each by mail. This map indicates magnetic values of rocks across the State. These values are useful, in exploring for energy and mineral deposits, especially where they are covered by soils and rocks. This black & white map is printed on a see-thru type of material that can be used as an overlay on the Geologic Map of Virginia as an aid in geologic mapping both for minerals exploration and basic research. The new magnetic map is the result of 16 years of effort. The 60 x 26 inches map was produced by the U.S. Geological Survey in cooperation with the Virginia Division of Mineral Resources.

Homemakers Enjoy P icture Frame Workshop

Attics and storage rooms were searched and dozens of lovely old picture frames were brought to the Extension office Monday, March 19 by 17 Extension Homemakers. Shirley Wallton, Extension Agent, conducted three workshops to accomodate the homemakers who needed help in deciding what needed to be done to refinish the frames.

Some of the Homemakers are shown being "framed by their work". They are (standing l. to r.) Margaret Lee, Geneva Childers, Lorene Lucado, Ruth Smith, Fannie Farrar and Frances Dyess. Seated are: Faye Franklin, Katie Martin and Elaine Hampton.

Katie Martin, Reporter
Appomattox County Extension Homemakers

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By Shirley W. Walton
Extension Agent

20 Tips for Conserving Energy In Using Appliances

With the great concern for conservation of energy, the following tips will be helpful as you carry out your daily homemaking activities:

1. Be sure the door gaskets on your refrigerator and freezer fit tightly. Loose fitting gaskets let heated air in and waste energy. Check the gasket by shutting the door on a single sheet of paper. If the paper can be removed easily, your gasket may need replacing.
2. Don't open the refrigerator or freezer doors more often than necessary. Avoid raising pot covers and opening the oven door during the cooking operations.
3. Don't keep the refrigerator colder than necessary (30 - 40 degrees F.) Check the temperature with a thermometer.
4. If you have a freezer, keep it full.
5. Use pots and pans the same size as the burners or units on your range.
6. Put your pots and pans on the range before you turn the heat on. Reverse the process when removing pans.
7. Use pans with flat, undented bottoms.
8. Use covered pans for top-of-the-range cooking, if feasible.
9. When water begins to boil, turn unit or burner to low, or simmer. Slowing boiling water is as hot as rapidly boiling water.
10. Boil only the amount of water that is needed.
11. For foods requiring long cooking, it's more economical to use the oven than the top of the range.
12. Don't preheat the oven too long before using it. Don't preheat at all when roasting or broiling.
13. When roasting or baking, use the oven to capacity. Cook food needed for another day. Plan oven meals when possible.
14. When possible, use portable appliances such as toasters and skillets instead of your electric range., especially when cooking small amounts of food. Small appliances generally use less energy than the range does on the same jobs.
15. When using an electric oven, turn off the heat a few minutes before the end of the baking period, and finish baking with retained heat.
16. When using electric surface units, turn them off a few minutes before food is done. The stored heat will continue to cook the food.
17. Clean the lint filters on clothes dryers after each load to avoid extra long drying time. Clogged lint filters cut down the rate of air flow, thus increasing drying time.
18. Don't over-dry clothes in the dryer.
19. Run dishwashers and washing machines with full loads, or adjust the water levels if the machines are less than full.
20. Use warm or cold water in laundering when possible to reduce the amount of energy consumed in heating water.

If you have a homemaking question or problem, please call 352-8244 or write P.O. Box 488, Appomattox, Virginia 24522. Have a good week!

50,000 Balloons Contest

Students at Appomattox Primary School in Mrs. Simpson's class are enjoying a fun project of writing to pen pals in Nebraska.

As a part of the Weekly Reader Writing pals contest every child at the Primary School launched a balloon on March 21. A post card was attached to each balloon asking the finder to please mail the card back to the Primary School.

This is a nationwide contest. The school submitting the post card that traveled the most miles before being found, will receive $500 prize.

Among the classes at Appomattox Primary School who participated in the Weekly Reader Launching was Yvonne Paulette's first grade. The children and teachers of APS are enthusiastic about the prospect of hearing from those who find our cards which were attached to each balloon. We had a number of parent volunteers assisting with this project.

VA Questions And Answers

EDITOR'S NOTE: Following are representative questions answered daily by VA counselors. Full information is available at any VA office.

Q - I have a WWI United States Government Life Insurance "K" term policy. I have been advised to convert it to "Endowment at Age 96" to save money. Why?

A - Term policy premiums provide the lowest cost at the younger ages. Later in life they become too expensive. The "Endowment at Age 96" provides the least expensive permanent plan for older "K" term policy holders. A veteran may exchange the term policy for the "Endowment at Age 96" on or after the 65th birthday.

Q - How often will I receive my VA GI education benefits if I enroll in a correspondence course?

A - Payments to eligible students in approved correspondence courses are made quarterly. The amount paid depends on the number of lessons completed and certified by the school to the VA.

Q - Can a veteran use the Veterans Administration home loan guaranty to buy rental property?

A - A veteran may purchase up to a four-family dwelling. He must, however, certify that he intends to live in one of the four units.

RECIPE OF THE WEEK

Mom's Blueberry Layer Pie

1 can (16 oz.) blueberries
1 can (8¾ oz.) crushed pineapple
1 pkg. (8 oz.) cream cheese, softened
3 T. sugar
1 tablespoon milk
½ teaspoon vanilla
¼ cup sugar
2 T. cornstarch
½ t. salt
1 T. lemon juice
½ cup whipped cream

Drain fruits, reserving syrup. Blend cream cheese, sugar, milk and vanilla. Set aside 2 tablespoons pineapple, stir remaining into cheese mixture. Spread over bottom of pastry shell. Chill. Blend together sugar, cornstarch, and salt. Combine reserved syrups, measure 1½ cups, blend in cornstarch mixture. Cook and stir until thickened. Stir in blueberries and lemon juice, cool. Pour over cheese layer, chill. Top with whipped cream, reserved pineapple. Thanks go to my mother, Mrs. Philip Williams, for testing and sharing this delicious dessert with us.

Mrs. Bryan's 4-H Club

On January 16, 1979, Mrs. Bryan's 4-H Club met. The pledges were led by Barbara O'Donell and Vincent Goodman. The recreation leaders first told us to sing "I'm a Little Piece of Tin." Then we played "Heads Up Seven Up." While we were playing Mr. Sweet was singing (as usual).

4-H birdhouses will cost $1.10 and 4-H Camp will be August 6-10 and it will cost $34.00. The six grade 4-H Public Speaking Contest was held on February 4, 1979. Special workshops were held January 17 & 18 at 3:30 - 5:30. Mr. Sweet gave us papers on pine seedlings and the two speeches that were prepared for that meeting. The meeting was then adjourned.

Kelly Paulette, Reporter

Honor Roll - R.E. Lee Academy

Students making the "A" honor roll (95-100) at Robert E. Lee Academy for the past six weeks were Stella Osborne and Mary Lee Bryant.

Those making the "B" honor roll (88-94) were Lisa Moon, Todd Neathawk and Bob Hanes.

Students having perfect attendance for the thirty days in this six weeks were Laura Doss, Stella Osborne, Mary Lee Bryant, Angela Hackett, Audra Doss, Carolyn Knight, Sarah Morris, L. A. Bryant, Stacey Myrick, Douglas Doss, Chad Pierce, Sheri Wallace and Megan Gregor.

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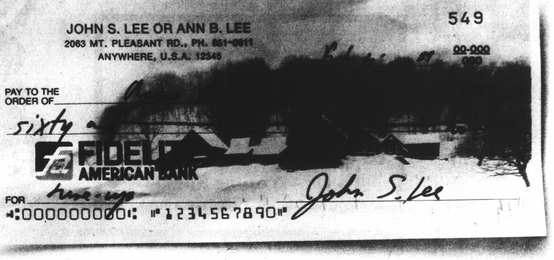

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